

IMMUNE SYSTEM AND NATURE'S SUNSHINE SUPPLEMENTS

The immune system is not a single system, but a complex set of processes that involve multiple body systems. These include the digestive system, lymphatic system, circulatory system, skin and more. It is roughly divided into three parts. There are the protective surfaces of the body, the skin and mucus membranes, which create mechanical barriers. Then there are the cell-mediated immune responses, the innate immune system and the adaptive immune system.

The innate immune system consists of inflammatory responses (that sequester damaged tissues) and three kinds of white blood cells: macrophages, neutrophils and natural killer cells. The innate immune system functions as a first line of defense when the skin or mucus membranes are damaged to allow infection to enter the body. This system is non-specific, meaning it doesn't look for any particular kind of invader. It works on viruses, bacteria and even cancer cells.

The adaptive immune system consists of two kinds of white blood cells, B-Cells and T-Cells, along with antibodies which are used to tag specific cells for destruction. The adaptive immune system resides primarily in the blood and lymph and protects you against specific microbes. It is the part of the immune system a vaccine is supposed to stimulate to cause you to develop immunity. The thymus helps to program these immune cells.

At its most fundamental level, the immune system is the ability of the body to distinguish between what belongs in the body from what does not belong in the body, and then to remove what does not belong. In this sense, immunity and good eliminative function are intimately connected. A list of general aids to the immune system follow.

[Nature's Sunshine Products](#) Immune System Products

Herbal Formulas: [AdaptaMax](#), [E-Tea](#), [Enviro-Detox \(Enviro D-T-X\)](#), [Gastro Health \(ULC-R+\)](#), [Golden Seal/Parthenium Extract](#), [IF-C, Chinese](#), [Lymph Gland Cleanse](#), [Para-Cleanse \(Para Pak\)](#), [Red Clover Blend](#), [Seasonal Defense](#), [Tiao He Cleanse](#), [Trigger Immune®](#), [Ultimate Echinacea](#), [Uña De Gato \(Cat's Claw Combination\)](#), [VS-C](#), [Immune System Pack](#), [Lymphatic Drainage](#), [Lymphomax](#), [Nature's Chi](#), [CC-A](#), [CC-A with Yerba Santa](#)

Herbs: [Astragalus](#), [Goldenseal](#), [Cordyceps](#), [Echinacea](#), [Eleuthero](#), [Garlic](#), [High Potency](#), [SynerPro](#), [Garlic](#), [Olive](#), [Oregon Grape](#), [Pau D'Arco Lotion](#), [Pau d' Arco](#), [Paw Paw Cell-Reg](#), [Red Clover](#), [Yarrow](#), [Black Walnut](#), [Blue Vervain](#), [Devil's Claw](#), [Green Tea Extract](#)

Nutrients: [Silver Shield](#), [Colostrum](#), [MSM](#), [Protease](#), [Vitamin C](#), [Zinc](#), [Vitamin D3](#), [Sunshine Heroes Omega 3 with DHA](#), [Sunshine Heroes Probiotic Power](#), [Trace Minerals](#), [Ionic Minerals w/Açaí](#), [Probiotics](#), [Alpha Lipoic Acid](#), [Evening Primrose Oil](#), [L-Lysine](#), [Magnesium Complex](#)

Flower Essences: [Find Strength](#)

Essential Oils: [Eucalyptus](#), [Myrrh](#), [Wild](#), [Tea Tree](#), [Thyme](#), [Wild](#), [Frankincense](#), [Lemon](#), [Rosemary](#), [Wild](#), [Clove Bud](#), [Essential Shield](#), [Prosper Success Essential Oil Blend](#), [Purity Refreshing Blend](#)

Herbal Extracts: [Algin](#)

Nutraceuticals: [Caprylic Acid Combination](#), [Colostrum with Immune Factors](#), [Defense Maintenance](#), [Heavy Metal Detox](#), [HistaBlock](#), [Immune Stimulator](#), [Super Antioxidant](#), [Super GLA](#), [Thai-Go®](#), [THIM-J](#), [Yeast Fungal Detox](#), [Zinc Lozenges](#), [Super ORAC](#), [Proactazyme](#), [Elderberry D3fense](#), [Solstic Cardio](#), [Solstic Immune](#), [Sunshine Heroes Elderberry Immune](#), [SC Formula \(Shark Cartilage\)](#), [Krill Oil with K2](#)

Packs: [Detox Basic \(30 day\)](#)